Digestion and Absorption

- Understanding how digestion and absorption work
- Learn how gut health supports overall wellness
- **https://www.yakult.co.in/why-drink-yakult**

What is Digestion?

- Digestion is the process of breaking down food into smaller nutrients
- Helps the body absorb essential vitamins and minerals
- Healthy digestion supports energy and immunity

What is Absorption?

- Absorption occurs in the intestines
- Nutrients enter the bloodstream from digested food
- Essential for growth, repair, and body functions

Role of Gut Health

- Healthy gut supports proper **digestion and absorption**
- Good bacteria help balance the digestive system
- Supports nutrient uptake and comfort

Why Digestion & Absorption Matter

- Improves overall health and immunity
- Prevents digestive discomfort
- Supports daily nutrition needs

Support Your Digestive Health

- Balanced diet and probiotics support gut health
- Daily habits can improve digestion and absorption
- Learn more at https://www.yakult.co.in/why-drink-yakult